

PROJECT RECOVERY

DISASTER PREPAREDNESS PLAN



The 2006 hurricane season is quickly approaching and you need a plan. One of the best ways to cope with disaster is by preparing in advance and by working with your family as a team. Knowing what to do is your best protection and your responsibility. Being prepared can save lives and losses.

CREATING A DISASTER PLAN

- Pick two places to meet in case you and your family are separated. Pick somewhere outside your neighborhood in case you cannot go home. **Know the address and phone number.**
- Have an out-of-state friend or relative as a family contact in case you are separated and local phone service is out. Know the phone number and how to contact them.
- Plan pet care in case you have to evacuate your home.
- Assemble a kit with emergency supplies.

EMERGENCY SUPPLIES

- A 3-day supply of water (one gallon per person/day) and nonperishable food.
- One change of clothing and sturdy footwear per person.
- A first aid kit including any of your family's prescription medications.
- A battery-powered radio, flashlight and extra batteries.
- An extra set of car keys, credit card, cash, or traveler's checks.
- Sanitation and hygiene supplies.
- Special items for infants, elderly or disabled family members.
- An extra pair of eyeglasses.
- Blankets or sleeping bags.
- A list of important information and phone numbers. (Family doctor, etc.)
- Keep important documents in a waterproof container.

Don't forget to listen to the radio or television for the location of emergency shelters, when to evacuate and for other instructions from local emergency officials.

Project Recovery staff are available to help you cope with the stress of Hurricane Katrina. Project Recovery's Helpline is available 24 hours-a-day, 7 days a week at 1-866-856-3227.

A stylized sun with a yellow spiral center, a thick black border, and a yellow ring with white dots. It has ten black arms reaching out from the spiral. The background is white with yellow rays.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Project Recovery is funded through a grant by the Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration (SAMHSA). Project Recovery is a division of the Mississippi Department of Mental Health. Information provided by FEMA and SAMHSA.